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1989 W.O. Atwater Memorial Lecture

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The Many Faces of Nutrition Education:
Challenges and Responsibilities
by Dr. Helen A. Guthrie

4 p.m., Wednesday, July 19, 1989
Grand Ballroom
Chicago Hilton and Towers
720 South Michigan Avenue
Chicago, Illinois

sponsored by
The Agricultural Research Service
U.S. Department of Agriculture
in cooperation with
The Society for Nutrition Education



Helen A. Guthrie is a pioneer in the field of nutrition education research. Her major contribution has been as director of grants from The Howard Heinz Endowment, a program that has led to establishment of a nutrition center at The Pennsylvania State University. The center focuses on research and development of nutrition education:

- at the worksite;
- for the public, health professionals, and elementary and secondary school children and teachers; and
- in preparation of nutrition professionals for academic careers.

Dr. Guthrie's other research interests include infant feeding practices in developed and developing countries, and evaluation of dietary intake.

Dr. Guthrie, currently Professor of Nutrition at Penn State, was Head of the Nutrition Department there from 1975 to 1989. During that time, she spent four sabbatical leaves in Hawaii and the Philippines.

In the Philippines, her major research thrust—in collaboration with her husband, a cross-cultural psychologist—was a field study of mothers and infants. They demonstrated that mothers could and would better feed their children when given a modest degree of reinforcement.

Dr. Guthrie has served on the Food and Nutrition Board and the Committee on Recommended Dietary Allowances of the National Academy of Sciences, and on the Joint Nutrition Monitoring Evaluation Committee. She also has been president of the Society for Nutrition Education and the American Institute of Nutrition.

She will spend 1989-90 as visiting professor at the University of Hawaii's School of Public Health before returning to Penn State as the first awardee of the Helen Guthrie endowed chair in nutrition.

Dr. Guthrie has received the Borden Award in Nutrition from the American Home Economics Association and the Conrad Elvehjem Award from the American Institute of Nutrition. She also has received the honorary D.Sc. degree from the University of Western Ontario, has been cited as a distinguished alumna of the College of Human Ecology at Michigan State University, and is a career research lecturer at Penn State. She is currently editor of *Nutrition Today* and author of *Introductory Nutrition*, now in its seventh edition.

The W.O. Atwater Memorial Lectureship was established in 1968 by the Agricultural Research Service to honor the memory of a great scientist and to recognize scientists who have made unique contributions toward improving the diets of people around the globe.

Wilber Olin Atwater (1844-1907) was the foremost pioneer in nutrition research and education in the United States, and he was the first chief of nutrition investigations for the United States Department of Agriculture. He is generally considered the father of modern human nutrition in this country because of his early research on nutrients, proteins, and food composition.

The Agricultural Research Service, the principal scientific research agency in the United States Department of Agriculture, helps provide knowledge and technology for the benefit of American farmers and consumers. The research includes promoting optimum human health and well-being through improved nutrition and family resource management.

The Society for Nutrition Education seeks to link nutrition and education in helping consumers make informed choices. The goal of Society members is to learn more about how people learn nutrition information and how they change their food choice behavior. To the members of the Society, improving the health and well-being of people is best done through education programs based on nutrition research, and through education research that provides effective strategies for changing behavior.

Previous Lecturers:

1988, John E. Kinsella, Liberty Hyde Bailey Professor of Food Chemistry and General Foods Distinguished Professor of Food Science, Cornell University, before the Institute of Food Technologists

1987, Malden C. Nesheim, Director, Division of Nutrition, Cornell University, before the American Institute of Nutrition at the annual meeting of the Federation of American Societies for Experimental Biology

1986, Elsie Widdowson, Department of Medicine, Addenbrooke's Hospital, Cambridge, England, before the Joint Meeting of the American Institute of Nutrition, American Society of Clinical Nutrition, and Canadian Society of Nutrition Science

1985, Mark Hegsted, Professor of Nutrition, New England Regional Primate Research Center, before the American Institute of Nutrition

1984, Harold H. Sandstead, Director, North Atlantic Area, Human Nutrition Research Center on Aging at Tufts University, before the American Dietetic Association

1983, George H. Beaton, Professor of Nutrition Science, Faculty of Medicine, University of Toronto, before the Western Hemisphere Nutrition Congress

1982, Edwin M. Foster, Director, Food Research Institute, University of Wisconsin, before the Institute of Food Technologists

1981, Joaquin Cravioto, Professor of Pediatrics and Scientific Director, National Institute for Children's Health Sciences and Technology, Mexico City, before the International Congress of Nutrition

1980, Ancel Keys, Professor, Division of Epidemiology, University of Minnesota, before the Western Hemisphere Nutrition Congress

1979, Hector F. DeLuca, Professor, Department of Biochemistry, University of Wisconsin, before the American Institute of Nutrition

1978, Robert E. Olson, Professor, Department of Biochemistry, St. Louis University, before the American College of Physicians

1977, Nevin S. Scrimshaw, Institute Professor and Head of the Department of Nutrition and Food Science, Massachusetts Institute of Technology, before the Western Hemisphere Nutrition Congress

1976, Emil M. Mrak, Chancellor Emeritus, University of California at Davis, before the American Chemical Society

1975, William J. Darby, President, The Nutrition Foundation, Inc., before the American Dietetic Association

1974, J. George Harrar, President Emeritus, Rockefeller Foundation, before the American Association for the Advancement of Science

1973, Marina v.N. Whitman, Professor of Economics, University of Pittsburgh, before The American Home Economics Association

1971, Jean Mayer, Professor of Nutrition and Lecturer on the History of Public Health, Harvard University, before the National Biological Congress

1970, Philip Handler, President, National Academy of Sciences, and Chairman of the National Research Council, before the International Congress of Food Science and Technology

1969, Albert Szent-Gyorgyi, Director, Institute for Muscle Research, Marine Biological Laboratory, Woods Hole, Massachusetts, before the American Chemical Society

1968, Artturi I. Virtanen, Director, Biochemical Research Institute, Helsinki, Finland, before the Federation of American Societies for Experimental Biology

